

# **Healthy Brown Bag Lunches**

#### Monday:

- ½ cup low-fat cottage cheese
- I0-I5 whole wheat crackers with I-2 tablespoons almond butter, peanut butter or sunflower seed butter
- Assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, etc.)
- Tea. coffee or water\*

#### Tuesday:

- ½ of a large or I mini whole wheat bagel
- I-2 tablespoons almond butter, peanut butter or sunflower seed butter
- Apple or banana
- 6 ounces low-fat, low-sugar yogurt
- Tea, coffee or water\*

#### Wednesday:

- 6 inch whole wheat tortilla with 2-3 ounces turkey, I ounce low-fat cheddar cheese, 2 tablespoons hummus and assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- Grapes
- 8-10 whole wheat pita chips or multigrain tortilla chips
- Tea, coffee or water\*

#### Thursday:

- Burrito made with ½ cup black beans, ½ cup brown rice, salsa and 2 tablespoons low-fat plain Greek yogurt on a 6 inch whole wheat tortilla (feel free to add any other vegetables you like on burritos like lettuce, onion, and peppers, too)
- Orange
- Tea, coffee or water\*

#### \*Healthy Choice

If you think you'll need more food than listed here to fill you up, increase your portions of fruits and vegetables first!



### Friday:

- 3-4 ounces grilled chicken on salad greens with assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
  - Iounce feta cheese, and I-2 tablespoons oil-based or light creamy dressing
    - 3 cups air-popped popcorn
  - Tea, coffee or water\*

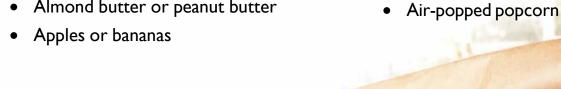
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## **Shopping List:**

- Lean deli turkey
- Raw vegetables of your preference (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- 6 inch whole wheat tortilla
- Hummus
- Grapes
- Low-fat cottage cheese
- Whole wheat crackers
- Whole wheat bagels (large or mini size)
- Almond butter or peanut butter

- Low-fat, low-sugar yogurt (look for 20 grams of sugar or less per serving)
- Brown rice
- Black beans
- Salsa
- Low-fat plain Greek yogurt
- Orange
- Grilled chicken
- Salad greens
- Feta cheese
- Oil-based or light creamy dressing





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